

7 Ways to Avoid Codependency in Your Relationships - Worksheet

What is codependency?

Codependency is a broad term and it can manifest in a variety of ways. Below are some of the most common symptoms of codependency. You don't need to have them all to consider yourself codependent. I find it's helpful to think of codependency on a spectrum – some of us experience more symptoms and distress due to our codependent traits than others.

Which of these symptoms of codependency do you have?

- You feel responsible for other people's feelings and choices; try to rescue, fix, make them feel better, or solve their problems.
- You feel frustrated and resentful when others don't want your help or advice.
- You derive a sense of purpose from taking care of others.
- Your relationships can have an obsessive quality.
- You have difficulty accepting help.
- Your fear of abandonment and rejection result in people-pleasing and tolerating mistreatment.
- You're hard-working, overly responsible, and may give to the point of exhaustion or resentment.
- You have perfectionist tendencies.
- You have trouble saying "no", setting boundaries, being assertive, and asking for what you need/want.
- You routinely prioritize other people's needs and wants above your own; don't practice self-care routinely and feel guilty when you do.
- You're afraid of conflict.
- You have difficulty trusting and being emotionally vulnerable.
- You suppress or numb your feelings and absorb other people's feelings.
- You have low self-esteem, feel unlovable, or not good enough.
- You want to feel in control and have a hard time adjusting when things don't go according to plan or the way you want.

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Codependent No More Melody Beattie, 2009-06-10 In a crisis it's easy to revert to old patterns. Caring for your well-being during the coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone else's problem your problem? If like so many others you've lost sight of your own life in the drama of tending to someone else's, you may be codependent, and you may find yourself in this book. *Codependent No More*: The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, *Codependent No More* is a simple, straightforward, readable map of the perplexing world of codependency, charting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of *Beyond Codependency*, *The Language of Letting Go*, *Stop Being Mean to Yourself*, *The Codependent No More Workbook*, and *Playing It by Heart*. *Codependent No More* Melody Beattie, 1986-09-01 In a crisis it's easy to revert to old patterns. Caring for your well-being during the coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone else's problem your problem? If like so many others you've lost sight of your own life in the drama of tending to someone else's, you may be codependent, and you may find yourself in this book. *Codependent No More*: The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, *Codependent No More* is a simple, straightforward, readable map of the perplexing world of codependency, charting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of *Beyond Codependency*, *The Language of Letting Go*, *Stop Being Mean to Yourself*, *The Codependent No More Workbook*, and *Playing It by Heart*. [The Sober Kitchen](#) Liz Scott, 2003-08-05 The thoughtful advice accompanying almost every entry makes these recipes invaluable for recovering addicts in need of a nourishing diet. Publishers Weekly: *The Sober Kitchen* is the first major book to focus on the important and often overlooked link between food and recovery. Professional chef and recovering alcoholic Liz Scott serves up this groundbreaking cookbook chock-full of vital information on basic nutrition and current addiction research, as well as more than 300 delicious, simple recipes. She also offers plenty of realistic, down-to-earth advice and encouragement, making *The Sober Kitchen* a complete culinary lifestyle companion. There is much a cook can do to help a recovering alcoholic. Chef Liz Scott shares what she learned. *The Detroit News* provides a wealth of basic information and dozens of outstanding recipes to benefit both people in

recovery and those who take care of them In straightforward prose she explains the dangers of dining out and gives advice on how to avoid being confronted with alcohol laden dishes Her recipes show creativity especially in shortcut desserts Booklist Chef Scott herself a recovering alcoholic has developed recipes and menus that help the addicted to navigate three stages of recovery Filling a gap this well researched and easy to follow cookbook is recommended for public libraries and consumer health collections Library Journal

Codependent No More Workbook Melody Beattie, 2011-03-09 This highly anticipated workbook will help readers put the principles from Melody Beattie s international best seller Codependent No More into action in their own lives The Codependent No More Workbook was designed for Melody Beattie fans spanning the generations as well as for those who may not yet even understand the meaning and impact of their codependency In this accessible and engaging workbook Beattie uses her trademark down to earth style to offer readers a Twelve Step interactive program to stop obsessing about others by developing the insight strength and resilience to start taking care of themselves Through hands on guided journaling exercises and self tests readers will learn to integrate the time tested concepts outlined in Codependent No More into their daily lives by setting and enforcing healthy limits developing a support system through healthy relationships with others and a higher power experiencing genuine love and forgiveness and letting go and detaching from others harmful behaviors Whether fixated on a loved one with depression an addiction an eating disorder or other self destructive behaviors or someone who makes unhealthy decisions this book offers the practical means to plot a comprehensive personalized path to hope healing and the freedom to be your own best self

Melody Beattie 4 Title Bundle: Codependent No More and 3 Other Best Sellers by M Melody Beattie, 2010-07-13 Four titles by best selling author Melody Beattie Codependent No More How to Stop Controlling Others and Start Caring for Yourself Is someone else s problem your problem If like so many others you ve lost sight of your own life in the drama of tending to someone else s you may be codependent and you may find yourself in this book Codependent No More The healing touchstone of millions this modern classic by one of America s best loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life With instructive life stories personal reflections exercises and self tests Codependent No More is a simple straightforward readable map of the perplexing world of codependency charting the path to freedom and a lifetime of healing hope and happiness Beyond Codependency And Getting Better All the Time You re learning to let go to live your life free of the grip of someone else s problems And yet you find you ve just started on the long journey of recovery Let Melody Beattie help you along your way A guided tour past the pitfalls of recovery Beyond Codependency is dedicated to those struggling to master the art of self care It is a book about what to do once the pain has stopped and you ve begun to suspect that you have a life to live It is about what happens next Language of Letting Go Daily Meditations on Codependency Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency Problems

are made to be solved Melody reminds us and the best thing we can do is take responsibility for our own pain and self care In this daily inspirational book Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal More Language of Letting Go 366 New Daily Meditations This new volume of meditations offers clients ongoing wisdom and guidance about relationship issues An excellent enhancement to therapy daily thoughts provide clients with ongoing insights into issues such as surrendering the damaging effects of manipulation and healthy communication More Language of Letting Go shares unsentimental direct help for clients recovering from chemical dependency healing from relationships and family issues and exploring personal growth

Notes on Love Lauren Windle, 2021-07-15 In this delightfully witty and uplifting book thirty something Lauren Windle shines a light on the trials and tribulations and sometimes also the triumphs of the world of Christian dating This is not a how to guide Like having a coffee with your mates while you pore over your profile matches heartbreaks and hilarious mishaps Notes on Love draws on Lauren's own experiences of being single and dating in the Church to offer a funny insightful and open hearted collection of musings on the absurdity messiness pain and joy of it all With notes on How to first date and A million ways to meet people to Disappointment and Schrodinger's boyfriend as well as looking at how you can find true love with yourself your friends and family and above all in Christ Notes on Love is a thought provoking exploration of Christian relationships in the Church today This is a book for anyone who has struggled with dating in Church or who has asked themselves how to be single as a Christian only to discover there's no right answer Warm generous and honest Notes on Love is an invitation to laugh cry and know that whether you are male or female single coupled up or somewhere in between you are not alone

The Language of Letting Go Melody Beattie, 2003-01-31 Fear shame anger self doubt Helping people let go of self destructive thoughts emotions and behaviors has been the life work of acclaimed author Melody Beattie For more than a decade millions of readers have turned to Beattie's classic meditation book *The Language of Letting Go* as a wellspring for daily reflection affirmation and change Now the journal edition of this best seller features the entire original meditation text in a format that affords room for readers to record their thoughts fears and accomplishments Key features and benefits Beattie's work is known and trusted among self help readers journal format invites readers to personalize meditations meditation themes explore common relationship issues a thoughtful gift for friends or a great gift for yourself About the author Melody Beattie is the author of numerous books about personal growth and relationships drawing on the wisdom of Twelve Step healing Christianity and Eastern religions With the publication of *Codependent No More* in 1986 Melody became a major voice in self help literature and endeared herself to millions of readers striving for healthier relationships She lives in Malibu California

Codependent No More Melody Beattie, 2022 Revised and Updated with a New Chapter on Trauma and Anxiety a List of Resources and More Over 7 Million Copies Sold The cultural phenomenon that has helped heal millions of readers this modern classic holds the key to understanding codependency and unlocking its hold on your life As heard on

Glennon Doyle's We Can Do Hard Things podcast Melody Beattie's compassionate and insightful look into codependency the concept of losing oneself in the name of helping another has guided millions of readers toward the understanding that they are powerless to change anyone but themselves and that caring for the self is where healing begins Is someone else's problem your problem If like so many others you've lost sight of your own life in the drama of tending to a loved one's self destructive behavior you may be codependent and you may find yourself in this book With personal reflections exercises and instructive stories drawn from Beattie's own life and the lives of those she's counseled Codependent No More helps you break old patterns and maintain healthy boundaries and offers a clear and achievable path to healing hope freedom and happiness This revised edition includes an all new chapter on trauma and anxiety subjects Beattie has long felt necessary to address within the context of codependency making it even more relevant today than it was when it first entered the national conversation over 35 years ago

[Summary, Analysis, and Review of Melody Beattie's Codependent No More](#) Start Publishing Notes,2017-11-07 PLEASE NOTE This is a key takeaways and analysis of the book and NOT the original book Start Publishing Notes Summary Analysis and Review of Melody Beattie's Codependent No More How to Stop Controlling Others and Start Caring for Yourself includes a summary of the book a review analysis key takeaways and a detailed About the Author section PREVIEW Melody Beattie's Codependent No More is a self help book for families and loved ones of people with alcohol and chemical dependency People who have loved ones with addictions are called codependents Codependents are focused on taking care of and helping an addict to such an extent that they lose touch with their own goals lives and emotional needs Codependents are not usually addicts themselves They often feel that they do not need help since they are not the ones who are sick and are not the ones who are behaving badly However codependency leads to great unhappiness anger and guilt and can make it very difficult for codependents to function or to have healthy relationships even if a loved one becomes sober Having a loved one who is an addict leads to long lasting trauma Codependents need help to address this trauma

Codependent No More - Summarized for Busy People Goldmine Reads,2022-09-20 This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version This book is not intended to replace the original book Instead we highly encourage you to buy the full version Is someone else's problem your problem You may be codependent and you may find yourself in this book Codependent No More if like so many others you've lost sight of your own life in the drama of caring for someone else's This modern classic by one of America's most popular and inspiring authors is the key to understanding codependency and breaking free from its suffocating hold on your life Codependent No More is an easy to understand map of the complicated world of codependency It shows the way to freedom and a lifetime of healing hope and happiness with helpful life stories personal reflections exercises and self tests Wait no more take action and get this book now

Beyond Codependency Melody Beattie,2025-12-30 Melody Beattie author of the 1 New York Times bestseller Codependent No More turns her attention to

what comes after codependency mastering the art of self care You re learning to let go to live your life free of the grip of someone else s problems And yet you realize that the long journey of recovery has only just begun With her signature insight and humanity Melody Beattie brings to light the aftermath of codependency in all its complexity A guided tour past the pitfalls of recovery Beyond Codependency is dedicated to those struggling to master the art of self care It is a book about what to do once the pain has stopped and you recognize that you have a life to live It is about what comes next In simple straightforward terms Beattie takes you beyond codependency into the realm of recovery and relapse family of origin work and relationships surrender and spirituality With personal stories hard won wisdom and meditative exercises this timeless book imparts lessons in overcoming shame building self esteem healing from deprivation and breaking free of damaging patterns in order to flourish in healthy lasting relationships

The Language of Letting Go Melody Beattie,1990-06-01 Concentrating on self esteem and acceptance this book offers meditations for men and women recovering from codependency and aids them in their attempt to gain control of their lives

Summary, Analysis & Review of Melody Beattie's Codependent No More by Eureka Eureka,2015-08-30 Summary Analysis Review of Melody Beattie s Codependent No More by Eureka Codependent No More by Melody Beattie is a self help book that explains codependency and how to overcome it Originally published in 1986 it was written before codependency was fully acknowledged in the mental health profession This companion to Summary Analysis Review of Melody Beattie s Codependent No More by Eureka includes Overview of the book Important People Key Takeaways Analysis of Key Takeaways and much more

Taking the State out of the Body Eliana Rubin,2024-09-24 Taking the State out of the Body is a guidebook in deconstructing nationalism through trauma informed praxis Embedded in the political theory and practice of Jewish anti Zionism it invites readers of all backgrounds to build an embodied sense of safety that has the power to make militarized borders policing and nation states obsolete We need the resources offered in this book from understanding geopolitical impacts of intergenerational trauma to self regulation in conflict to transformative approaches to harm to cultivating long haul relationships to building solidarity across our movements The book s framework is situated in the lineages of healing justice and politicized healers including many antifascist Ashkenazi Jewish practitioners in 1930s Europe Today as the terms somatics and trauma have been mainstreamed Taking the State out of the Body is a timely offer to move from individual awareness to collective action Weaving anti imperialist orientations to historical events with embodiment theory each chapter opens with a connection to a plant or body part and closes with a guide to practices that fuel resistance and resilience This book will equip you with the tools you need to move from rugged individualist models of self help preservation to liberatory frameworks of collective care and joint struggle

Melody Beattie 3 Title Bundle: Author of Codependent No More and Three Other Bes Melody Beattie,2012-06-26 A three book collection on codependency by best selling author Melody Beattie Beyond Codependency You re learning to let go to live your life free of the grip of someone else s problems And yet you find you ve just started on

the long journey of recovery Let Melody Beattie help you along your way A guided tour past the pitfalls of recovery Beyond Codependency is dedicated to those struggling to master the art of self care It is a book about what to do once the pain has stopped and you ve begun to suspect that you have a life to live It is about what happens next Playing It by Heart Since the publication of Codependent No More millions of people have confronted the demons of codependency And yet many in recovery find themselves slipping back into the old ways that brought them such grief In her book Playing It by Heart Beattie helps readers understand what drives them back into the grasp of controlling behavior and victimhood and what it takes to pull themselves out to return to the healing faith and maturity that come with a commitment to recovery Personal essays inspiring anecdotes and prescriptive reminders show readers how to stop acting out their painful obsessions Marked by compassion and keen insight Playing It by Heart explores the author s most intense personal lessons and shows readers that despite setbacks recovery is a lifelong opportunity for spiritual growth Stop Being Mean to Yourself This sequel to Codependent No More contains the same compassionate tone and penetrating insight for which Beattie has become well known and loved She takes her audience on an odyssey that starts in Northern Africa On her journey she shares hope and encouragement and employs analogies along the way to Casablanca Algeria and Egypt She provides lessons about letting go of fear and trusting one s instincts

Codependents' Guide to the Twelve Steps Melody Beattie,1992-04-09 Explains how recovery programs work and how to apply the Twelve Steps of Alcoholics Anonymous Offers specific exercises and activities for use by individuals and in group settings

The Quick-Reference Guide to Counseling Women Dr. Tim Clinton,Timothy E. Clinton,Dr. Diane Langberg,2011-09 Internationally recognized AACC President and leading women s counseling expert offer a practical comprehensive and biblical guide to counseling women

Summary of Codependent No More Readtrepreneur Publishing,2019-05-24 Codependent No More How to Stop Controlling Others and Start Caring for Yourself by Melody Beattie Book Summary Readtrepreneur Disclaimer This is NOT the original book but an unofficial summary Personal reflections exercises and more to help you be fully independent and happy Do you think that happiness is derived from other people or a specific individual Melody Beattie explains why this is a really toxic train of thought that can really jeopardize your well being but if you suffer from codependency do not be afraid Codependent No More is a great way to work in your issues and improve as a human being Note This summary is wholly written and published by Readtrepreneur It is not affiliated with the original author in any way Furthermore worrying about people and problems doesn t help It doesn t solve problems it doesn t help other people and it doesn t help us It is wasted energy Melody Beattie A book that has influenced over a million people and has helped them improve as human beings Codependent No More is so effective that is increasingly being prescribed by mental health professionals for different patients with different types of relationships Melody Beattie s Codependent No More was the foundation for her new twelve step program called Co dependents Anonymous to focus further on the issue and give even more alternatives to help you be happier P S Codependent No More is

an extremely helpful book that will aid you get rid of your codependency issue and help you evolve as a human and reach a state of pure bliss The Time for Thinking is Over Time for Action Scroll Up Now and Click on the Buy now with 1 Click Button to Download your Copy Right Away Why Choose Us Readtrepreneur Highest Quality Summaries Delivers Amazing Knowledge Awesome Refresher Clear And Concise Disclaimer Once Again This book is meant for a great companionship of the original book or to simply get the gist of the original book [You Are a Miracle Workbook](#) Samantha Thomas,101-01-01

Codependent No More Workbook Natasha Morgan,2025-05-04 Break Free Heal Deeply Reclaim Your Life Are you tired of losing yourself in relationships constantly trying to fix others while your own needs go unmet The Codependent No More Workbook is your guided companion to stop the cycle of codependency rebuild self worth and set healthy boundaries once and for all Inside this empowering workbook you ll discover Practical exercises to identify codependent patterns and stop people pleasing behaviors Insightful reflections to help you understand your emotional triggers and core wounds Boundary building tools that teach you how to say no without guilt and yes to yourself Real life scenarios and prompts to help you practice self care and emotional detachment Progress tracking check ins so you can celebrate each step toward independence and healing Whether you re just beginning your journey or continuing the work this workbook provides the structure encouragement and clarity to support your transformation

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